

# Ken Howard, LCSW, CST - Psychotherapy / Sex Therapy

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United States

Phone: 310-339-5778

What do you want to CHANGE about your life? Trust your therapy to a long-time expert in LGBT-affirmative therapy and a specialist in therapy for gay men. I have over 30 years of experience as a gay men's specialist therapist for both individuals and couples. I'm a retired Adjunct Associate Professor at USC, teaching courses in LGBT issues, couples therapy, and evidence-based psychotherapy models. I'm also a person living with HIV/AIDS for over 30 years. I'm an AASECT Certified Sex Therapist, providing help for sexual issues in gay male relationships, help for erectile dysfunction, premature ejaculation, lack of desire, mixed desire, and "out of control" sexual behavior (an alternative to "sex addiction treatment"), with both monogamous and Consensual Non-Monogamy or open relationships, as well as creative sexual relationships. I'm a psychiatric social worker by training, helping LGBT people and especially gay men with challenges such as major depression, bipolar disorder, ADD/ADHD, OCD, Panic Disorder, personality disorders, and chronic health issues such as HIV/AIDS, cancer, lupus, MS, and others. Gay men often struggle now, or have recently struggled with, their relationship to substances such as alcohol, cocaine, opiates, and crystal meth. I incorporate a non-judgmental,

affirmative approach that includes both Harm Reduction and abstinence approaches that treat you as a whole person, not as an "addict." I'm also the host of the popular podcast, "Gay Therapy LA with Ken Howard, LCSW, CST" heard in over 40 countries of the world. I help gay men and others to: Resolve conflicts in your relationship, improve communication, reduce jealousy, and deepen trust/intimacyGain a healthy relationship with food, fitness, and self-careBalance work and personal livesAdjust to life changes such as midlife challengesImprove your sex life for you and your partner(s)Move up in your career and hone professional skillsGain social confidence in dating skills to find/keep a partnerBe liberated from the tyranny of addictionsOvercome shyness and social anxietyCope with chronic depression, anxiety, panic, bipolar disorder, ADD, OCD, etc.Improve your job, career, or financesSurvive and heal from trauma and sexual/physical/emotional abuseGain assertive communication skillsRevive the "sexual spark" in the bedroomThrive with HIV or other chronic health conditions

Specialization(s): gay men, gay male couples, gay small business owners, actors, writers

Rates: \$295-310

[Website](#)

[Email](#)

